



Cheesy Broccoli Bake

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



230 kcal

SIDE DISH

Ingredients

- 2 pounds broccoli fresh trimmed
- 8 ounce water chestnuts sliced canned
- 0.3 cup celery chopped
- 1 cup cheddar grated
- 0.5 pound cheese product softened
- 10.8 ounce cream of mushroom soup canned
- 0.3 pound mushrooms fresh sliced
- 0.5 teaspoon garlic salt

- 0.3 cup onion chopped
- 0.3 teaspoon pepper
- 2 tablespoons butter unsalted plus more for greasing the casserole

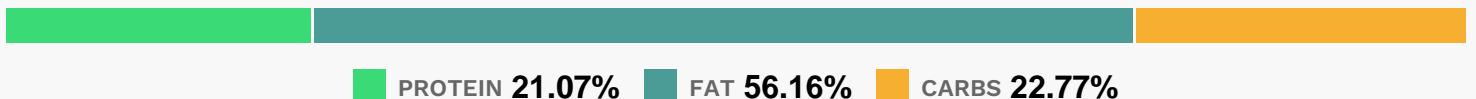
Equipment

- bowl
- frying pan
- sauce pan
- oven
- casserole dish

Directions

- Preheat the oven to 350 degrees F. Butter a 9 by 13-inch casserole.
- Steam the broccoli until tender, about 10 minutes. In the meantime, melt the butter in a medium skillet over medium heat and saute the celery, mushrooms, and onion until softened, about 10 minutes; drain.
- Combine the broccoli and the cooked vegetables in a bowl.
- Heat the soup and softened cheese product in a saucepan over low heat until the cheese melts.
- Pour it over the broccoli mixture.
- Add the garlic salt and pepper and combine.
- Put it into the buttered casserole dish and bake for 20 to 25 minutes.
- Sprinkle the top with the grated Cheddar the last 5 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:19.81913027556%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 230.41kcal (11.52%), Fat: 14.96g (23.02%), Saturated Fat: 8.45g (52.79%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 10.11g (3.67%), Sugar: 2.96g (3.28%), Cholesterol: 41.52mg (13.84%), Sodium: 590.3mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.26%), Vitamin C: 81.99mg (99.38%), Vitamin K: 94.45µg (89.95%), Calcium: 288.69mg (28.87%), Phosphorus: 243.41mg (24.34%), Vitamin A: 987.31IU (19.75%), Vitamin B2: 0.33mg (19.53%), Selenium: 13.25µg (18.93%), Folate: 72.15µg (18.04%), Manganese: 0.34mg (17.09%), Zinc: 2.16mg (14.4%), Fiber: 3.54g (14.15%), Vitamin B6: 0.27mg (13.47%), Potassium: 442.79mg (12.65%), Copper: 0.19mg (9.59%), Vitamin B5: 0.95mg (9.53%), Magnesium: 34.02mg (8.5%), Vitamin E: 1.21mg (8.09%), Iron: 1.31mg (7.31%), Vitamin B3: 1.42mg (7.11%), Vitamin B12: 0.42µg (6.97%), Vitamin B1: 0.1mg (6.4%), Vitamin D: 0.27µg (1.79%)